



Red Velvet Waffles and Cream Cheese Frosting

Ingredients

75 g pancake mix (extra fluffy)
35 g Cellucor COR-Performance Red Velvet Whey
8 g sugar-free, fat-free vanilla pudding mix
3 g Splenda
3 g baking powder
1 egg
1 egg white
1/3 cup almond milk (50 g)
2 tbsp Greek yogurt (35 g)
Dash of sea salt

Topping/Filling

40 g fat-free cream cheese (melted)
Syrup (optional)

Directions

1. Preheat waffle iron to a medium heat.
2. Combine all dry ingredients: pancake mix, whey, baking powder, Splenda, pudding mix, and salt. Mix.
3. Add the egg, egg white, almond milk, and yogurt.
4. Mix with a hand blender or whisk until you achieve a batter-like consistency.
5. Apply cooking spray to waffle iron, and pour in the batter. Cook for two minutes.
6. Repeat the process until all the waffles are made.
7. Microwave cream cheese for 20-25 seconds or until it starts to melt. Apply as glaze on top of the waffles.
8. Add syrup if desired. Enjoy!

Total Carbs 70 g
Protein 50 g